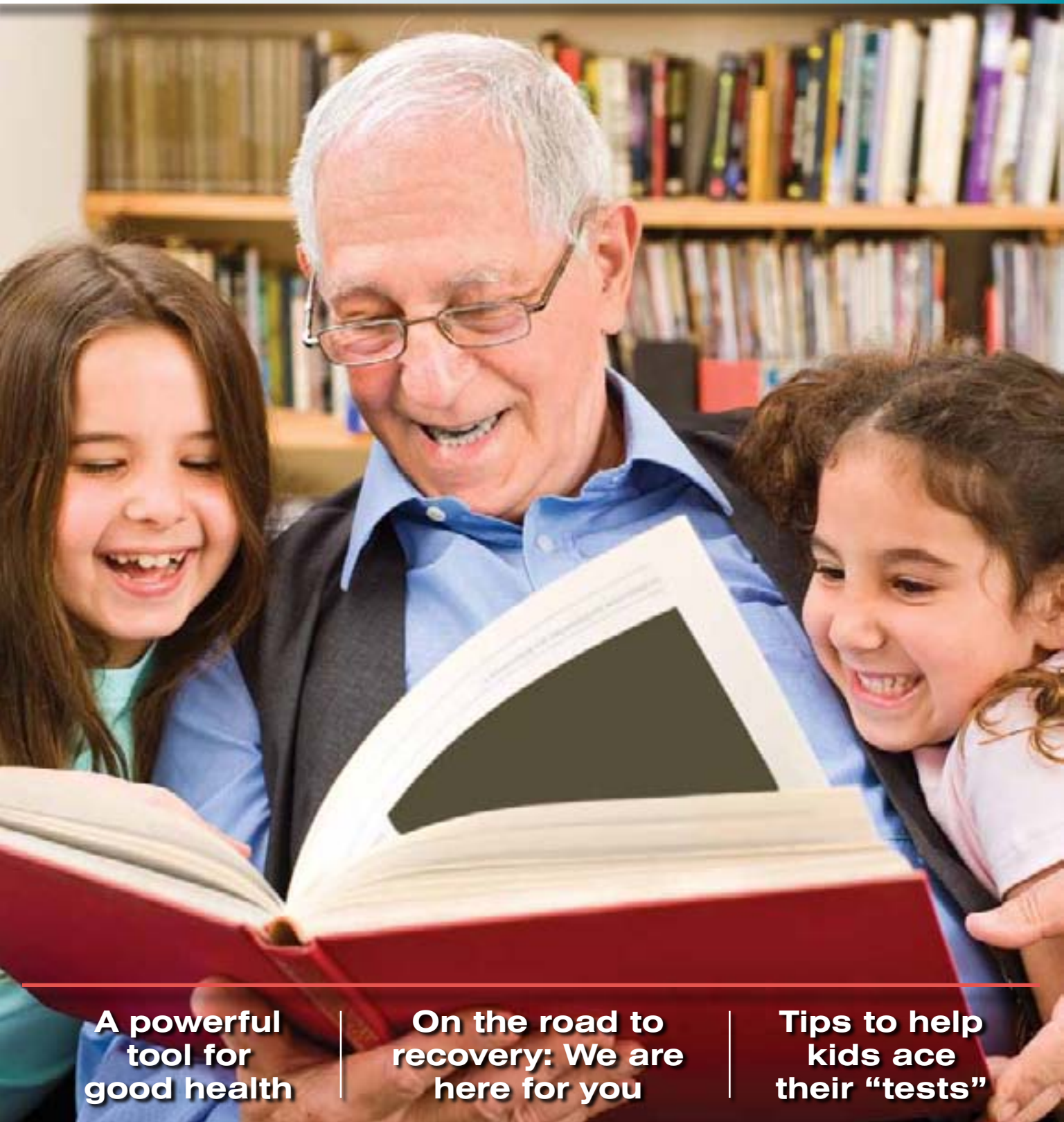


Winter 2012

**Baptist**  
Hospitals of Southeast Texas  
**Beaumont Hospital**  
*Performing Sacred Work Every Day*

# Healthy *dose*

[www.bhset.net](http://www.bhset.net)



**A powerful  
tool for  
good health**

**On the road to  
recovery: We are  
here for you**

**Tips to help  
kids ace  
their "tests"**

Performing Sacred Work Every Day

## A LETTER FROM OUR CEO

# We care for you and your heart

**F**ebruary is American Heart Month, and since heart disease is the No. 1 cause of death in the United States, now is the perfect time to speak with your healthcare provider about evaluating your heart health.

About 13.5 million Americans suffer from coronary artery disease, the most common cause of heart attack. For some, heart disease is out of their control, a result of genetics or increasing age. But for others, making healthy lifestyle changes, including eating a low-fat, high-fiber diet, controlling diabetes and getting regular exercise, can lessen the risk for heart attack, stroke or related illnesses.

### Advances in imaging

Today's innovations in imaging and the availability of simplified testing now allow physicians to more easily identify people's risk factors for heart disease, including high cholesterol, high blood pressure and obesity. At Baptist Beaumont Hospital, we are focused on preventing heart attacks through early detection, using a new SOMATOM Definition AS CT (computed tomography) scanner by Siemens Healthcare. The scanner makes it possible to provide a noninvasive heart-imaging test that detects whether fatty or calcium deposits are building up in the coronary arteries. This test, along with a healthy lifestyle and cholesterol-lowering or other medicines, may reduce or eliminate the need for more invasive procedures like balloon angioplasty or stenting to clear blocked arteries.

### A powerful tool

Baptist Beaumont Hospital has added software to fully integrate CT and magnetic resonance images of the heart to create anatomic 3-D images, called 3-D cardiac mapping. This advanced imaging helps



physicians more accurately perform procedures such as cardiac ablation to control or cure abnormal electrical rhythms of the heart.

For more than 60 years, Baptist Hospitals of Southeast Texas have provided quality healthcare and Sacred Work in a Christian environment. And with our purchase of the SOMATOM CT scanner, we have a powerful tool that will help us keep you and your loved ones healthy. (See "A better view of you" on page 3 for more information about this amazing piece of equipment.) Thank you for the continued opportunity to perform Sacred Work — your heart is in the right place at Baptist Beaumont Hospital.

Sincerely,

A handwritten signature in black ink that reads "David N. Parmer". The signature is written in a cursive, slightly stylized font.

*David N. Parmer  
Chief Executive Officer  
Baptist Hospitals of Southeast Texas*

# A better view of you

In the ever-changing world of healthcare, one thing remains the same — imaging innovations can help physicians achieve the best outcomes for their patients. And Baptist Beaumont Hospital is one of the first in the nation to install the SOMATOM Definition AS CT (computed tomography) scanner from Siemens Healthcare.

## High-definition images

CT scans are valuable tests for a wide range of medical conditions, including trauma injuries and many types of cancer, helping physicians diagnose and treat patients quickly and accurately. SOMATOM Definition offers a higher level of diagnostics while providing the correct radiation dose for each patient.

## Adapts to patient needs

Every day, clinicians face the challenge of scanning patients who may have health problems that can complicate the imaging process, making it difficult for clinicians to acquire the images necessary to provide a diagnosis. SOMATOM Definition may prove to be valuable in treating patients who are overweight or obese by offering a wide 79-inch opening, a broad imaging range and a 485-pound weight capacity.

## Real-time imaging saves lives

Using new technology called Adaptive 4D Spiral, SOMATOM Definition adjusts to each patient's clinical needs and covers the exact range the patient requires, generating images in 4D. The device can even track a patient's blood flow for a certain period of time or take an image of an entire organ. Patients who have had a stroke can be treated quickly and more effectively since physicians can use whole-organ imaging to show blood circulation not only within a part of the brain, like most CT scanners, but for the entire brain. ■



## Get the exam you need

Baptist Beaumont Hospital's SOMATOM Definition is now operational. To schedule a CT exam, ask your physician to call the Scheduling Department at **(409) 212-7167**.



## Faster heart scans

SOMATOM Definition can obtain images of the heart twice as fast as a single-source CT scanner. And since the scanner automatically adjusts the table speed according to the patient's heart rate, less radiation is needed to capture high-quality images.

# Let the *recovery* begin

## Inpatient Rehabilitation Services



If you or a loved one is healing from an accident, injury or illness, the road to recovery begins at the Inpatient Rehabilitation Unit at Baptist Beaumont Hospital. Our inpatient physical therapists and staff members assist individuals who have neurological, musculoskeletal or cardiovascular impairments. Therapists, working with physicians, assess each patient in order to develop and coordinate treatment plans specific to each patient's needs and abilities, including:



- ▶ relieving pain
- ▶ overcoming/improving cognitive and/or physical disabilities
- ▶ preventing/improving physical deformity
- ▶ developing/improving body skills
- ▶ restoring function to affected parts of the body
- ▶ regaining/maintaining a patient's peak performance

### Conditions treated

The Inpatient Rehabilitation Unit staff treats individuals who have a variety of conditions, such as:

- ▶ stroke, brain tumor, transverse myelitis and Guillain-Barre syndrome
- ▶ traumatic or acquired brain injury
- ▶ spinal cord injury
- ▶ pre- and post-prosthesis care for patients who have had an amputation
- ▶ burns and similar serious conditions, including Stevens-Johnson syndrome and toxic epidermal necrolysis
- ▶ polyarthritis and rheumatoid arthritis

Here is a closer look at some of the inpatient therapy services we offer at Baptist Beaumont Hospital.

### Speech-Language Pathology Services

The licensed therapists who work in the Speech-Language Pathology Department care for patients who are in the hospital as a result of stroke or other neurological impairments, and who may be experiencing difficulty with:

- ▶ speaking or understanding speech
- ▶ self-feeding or swallowing
- ▶ reading or writing

Our speech-language pathologists are certified by the American Speech-Language-Hearing Association and are licensed by the state of Texas.

### Occupational Therapy Services

Our Occupational Therapy (OT) Department assists in the rehabilitation and recovery of individuals who have been affected by accidental injury, disability or disease. OT services help individuals overcome dysfunction, compensate for physical deficits and enhance their ability to function

## Stroke care that works

When Nita Stephens suffered a stroke, paramedics took her to Baptist Beaumont Hospital — the first Certified Advanced Primary Stroke Care Center in Southeast Texas. The stroke team quickly identified Nita's condition, and physicians administered tPA, a drug that dissolved the blood clot and restored blood flow to her brain.

Nita also benefited from our Partners in Caring philosophy, which promotes an environment of trust, opportunity, encouragement and teamwork, helping patients return to an active and independent lifestyle.

independently, regaining the skills they need to work and play and care for themselves and their homes. Therapists offer many services, including:

- ▶ increasing hand function
- ▶ improving cognitive and daily living skills
- ▶ overcoming neuromuscular deficits
- ▶ healing from orthopaedic injury or surgery
- ▶ coping with physical disabilities ■

## Pet Partners


Baptist Beaumont Hospital's Pet Partners Volunteer Program enhances the lives of our patients during their stay. These highly trained human-animal teams must pass stringent evaluations before they can interact with patients. Engaging in fun activities, such as walking or running with a dog or throwing objects for the animal to retrieve, can motivate patients and enhance their rehabilitation. Many patients can relearn or improve different skills with the assistance of a therapy animal.


- ▶ Fine motor skills are developed through petting, grooming or feeding the dog.
- ▶ Communication is encouraged by the response of the animal to either verbal or physical commands.
- ▶ Writing or talking about therapy pets or patients' pets develops thinking and communication skills.


To learn more about Pet Partners or how to become a volunteer, call **(409) 212-5820**.






 **Strep screen.** This test determines whether bacteria called group A streptococci are responsible for a child's sore throat. The pediatrician will use a long cotton swab to wipe the back of the throat, which may cause gagging, but it only takes a few seconds.

 **Blood tests.** These tests measure various blood cells, electrolytes such as sodium and potassium and lead levels, and reveal kidney or liver problems, diabetes and other disorders. Explain that the physician usually only needs a small amount of blood.

 **Urine tests.** Analyzing urine can reveal how your child's kidneys and other organs are functioning and whether an infection is present in the kidneys, bladder or urinary tract.

 **Computed tomography (CT) and magnetic resonance imaging (MRI) and X-rays.** These tests use a fancy camera to take pictures of the inside of the body. The camera's large size may trigger some fear, but the procedures are not painful. Explain that the X-ray or scan may take awhile, and your child must remain still.

No matter what exam or test your child may face, it is important to remain a calming presence. Reassure your child that lots of kids undergo these tests and the goal is to make them feel better. ■

## Easing "test" anxiety

**A**ny child can develop anxiety about going to a physician. Whether for a routine checkup or an illness, your child may have fears, apprehension or guilt about an upcoming exam or medical test. If you have scheduled a "well-child" visit, remind your child that regular checkups are how we stay healthy. If your child is ill, explain that the physician needs to determine why he or she is not feeling well to help him or her get better.

### Tests your child may need

In addition to the physical exam, your child may need certain diagnostic tests or procedures, including:

### Child Life Specialist — only at Baptist Children's Unit

The Children's Unit at Baptist Beaumont Hospital is the only hospital in the region with a Child Life Specialist. A highly trained professional, the Child Life Specialist helps children and their families deal with the stress of illness and hospitalization through play and other activities. To learn more, visit [www.bhset.net](http://www.bhset.net).



# After a heart attack: *What is next?*

**A**ccording to the American Association of Cardiovascular and Pulmonary Rehabilitation, cardiovascular disease affects 13.5 million Americans and is the leading cause of death and disability in the United States. While this statistic is staggering, there is help for patients who have suffered a heart attack — cardiac rehabilitation. Research shows that cardiac rehab services are crucial to patients' long-term outcomes and quality of life.

Baptist Beaumont Hospital's comprehensive Inpatient and Outpatient Cardiac Rehabilitation Program provides physical reconditioning, support and education to patients who have cardiovascular disease or experienced a cardiovascular event such as heart attack, stent placement, valve surgery, open-heart surgery or heart transplant.

## How the program works

Our expert cardiac rehabilitation team creates individualized exercise programs and closely monitors patients during activity. Benefits of cardiac rehab include:

- ▶ improved blood circulation
- ▶ reduced shortness of breath
- ▶ increased stamina
- ▶ enhanced confidence and independence

Our cardiac support group gives patients a chance to meet other people who are dealing with similar health issues. We also provide information about available community resources and offer educational materials that explain how to start and maintain a heart-healthy lifestyle, reduce and control cholesterol and blood pressure, manage stress and understand medications. ■

## Open the doors to a new and improved life!

Any physician can refer a patient to Baptist Beaumont Hospital's Outpatient Cardiac Rehabilitation Program. All you need are a signed prescription and a phone call to determine eligibility. Medicare and most insurance companies cover the cost. We will gladly verify your coverage and schedule an evaluation at your convenience. Call **(409) 212-5875** to learn more.



"I enjoyed meeting everyone, and the staff was excellent. I highly recommend this program to any cardiac patient. Since my medications were adjusted, I have more energy and feel so much better. Cardiac rehab helped me get my life back on track. Thank you!"

"After my procedure, I was scared and had a lot of questions. The staff helped me become an active participant in my recovery. Now, I am more confident and have regained control of my health!"

## Is cardiac rehab right for you?

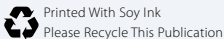
- ▶ Have you had a heart attack or do you suffer with stable/unstable angina?
  - ▶ Have you had open-heart surgery, valve surgery or a heart transplant?
  - ▶ Have you received a stent or angioplasty?
- If you answered yes to any of these questions, then our program is right for you.

Questions and comments may be directed to:

Mary Poole  
Director of Public Affairs & Marketing  
**(409) 212-6145**  
[mary.poole@bhset.net](mailto:mary.poole@bhset.net)

Katie Whitney  
Community Relations Coordinator  
**(409) 212-6145**  
[katie.whitney@bhset.net](mailto:katie.whitney@bhset.net)

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Sue Lindsey had HDR (High Dose Rate Brachytherapy) treatments at Baptist Cancer Center. This innovative therapy enables us to provide the same amount of effective radiation during a much shorter duration of time. A treatment time of 6 to 8 weeks is decreased to one week and spares healthy tissue. HDR is a proven benefit for certain patients with breast, cervical and lung cancer. Baptist Cancer Center is the only provider in Beaumont to dispense this life-saving treatment.

Designed with the physical and emotional well-being of patients in mind, the warm and welcoming environment of the Baptist Cancer Center offers streamlined care focused on comfort, privacy, and health.

***Performing Sacred Work is a calling we embrace each and every day.***

**Baptist**  
Hospitals of Southeast Texas  
**Cancer Center**

*Performing Sacred Work Every Day*

Julie & Ben Rogers  
Cancer Institute

Charline and Sidney "Chief" Dauphin  
Cancer Screening & Prevention Center

**For more information, please call 409-212-7962 or email questions to [breastcarecenter@bhset.net](mailto:breastcarecenter@bhset.net)**

Baptist Beaumont Hospital is part of a not-for-profit health system that does not discriminate on the basis of race, color, national origin, age, or disability.